

Purpose Designed to assess disorders of initiating and maintaining sleep (DIMS) in children, the TCSQ consists of ten parent-reported items relating to sleep onset, night-waking, preferred sleep setting, and other sleep behaviors.

Population for Testing Developers recommend the scale for use with children between the ages of 1 and 5 years.

Administration The scale is a pencil-and-paper, parental report measure requiring approximately 5 min for completion.

Reliability and Validity In analyzing the scale's psychometric properties, developers McGreavey and colleagues [1] found an internal consistency of .85.

Obtaining a Copy A copy of the scale can be found in the original article published by developers [1].

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Scoring Though the scale contains 10 items, only the first nine are used in scoring. Parents are asked about their children's sleep habits over the previous 3 months – answers are collected using a five-point, Likert-type scale that ranges from 0 (indicating that the behavior never occurs) to 4 (meaning it happens every night). Initially, developers have suggested a cutoff score of 8 – a relatively value meant to identify mild sleep problems as well.

Tayside Children's Sleep Questionnaire

Questions

1. How long after going to bed does your child usually fall asleep.
2. The child goes to bed reluctantly
3. The child has difficulty getting to sleep at night (and may require a parent to be present)
4. The child does not fall asleep in his or her own bed
5. The child wakes up two or more times in the night
6. After waking up in the night the child has difficulty falling asleep again by himself or herself
7. The child sleeps in the parent's bed at some time during the night
8. If the child wakes, he or she uses a comforter (e.g. Dummy) and requires a parent to replace it
9. The child wants a drink during the night (including breast or bottle-feed)
10. Do you think your child has sleeping difficulties

McGreavey et al. [1]. © John Wiley and Sons, reproduced with permission.

Reference

1. McGreavey, J. A., Donnan, P. T., Pagliari, H. C., & Sullivan, F. M. (2005). The Tayside children's sleep questionnaire: a simple tool to evaluate sleep problems in young children. *Child: Care, Health, and Development*, 31(5), 539–544.

Representative Studies Using Scale

- Johnson, N. and McMahon, C. (2008). Preschoolers' sleep behaviour: associations with parental hardness, sleep-related cognitions and bedtime interactions. *Journal of Child Psychology and Psychiatry*, 49(7), 765–773.